



FOOD PANTRY HOUR NEEDS VOLUNTEERS

RSVP members (appearing left to right) Mary, Mike, Gail, Diane, Jim and Tom volunteered in June to help sort food during the RSVP Food Pantry Hour at the Bountiful Community Food Pantry. Each year the pantry distributes more than 3 million pounds of food to 8,500+ nutritionally at-risk individuals in Davis County and the need continues to rise. Volunteers assist with collecting, sorting, shelving, and packaging food items to be distributed. Join RSVP on Thursday, Oct. 18, at 6 p.m. to share one vital hour of service. Volunteers must be 55+ years of age and complete an RSVP event enrollment form. The Food Pantry Hour team is limited to 15 individuals. Call 801-525-5094 today to reserve your spot.

PHOTO BY VIKI BOWMAN, DAVIS COUNTY RSVP

Caregiver Academy starts soon in Davis County

by Megan **FORBUSH**
Davis County Senior Services

The Caregiver Academy is a free series of six workshops that assist family and community caregivers in developing the skills needed to manage an in-home care environment. Each participant receives a free Managing Care Guide.

The workshops conducted by Davis County Senior Services meet each Tuesday, 11 a.m.-12:30 p.m., beginning Oct. 9. Subjects include: Finding Caregiver Resources (Oct. 9), Building Caregiver Resilience (Oct. 16), Setting Good Care Boundaries (Oct. 23), Involving Family and Others (Oct. 30),

Managing Difficult Behaviors (Nov. 6), and Understanding Care Options (Nov. 13).

The workshops will be held at the University of Utah Farmington Clinic located at 165 North University Avenue in Farmington. Call 801-525-5050, Option 5 to sign up.

Free Dementia Dialogues course

by Sheryl **KNIGHT**
Davis County Senior Services

Dementia Dialogues is a free course that provides information and other skills to help individuals better care for those suffering from dementia or other related diseases.

Topics include the basic facts, communication skills, keeping the environment safe, addressing challenging

behaviors, and creative problem-solving. Dementia Dialogues will be held on Tuesdays, Oct. 16, 23, and 30, 6-8:30 p.m., at the Pheasant View Assisted Living (1242 E. Pheasant View Dr., Layton).

Seating is limited. Call Davis County Senior Services at 801-525-5127 for more information or to reserve your seat.

Medicare Open Enrollment help available Oct. 15-Dec. 7

by Jackie **SMITH**
DCHD Senior Services

Medicare subscribers (those using traditional Medicare, private Medicare Advantage, prescription drug and Medigap/Supplemental plans) are allowed each year to make changes to their coverage. Getting everyone's changes finalized by early December ensures beneficiaries will have their updated Medicare changes in place at the start of 2019.

Beneficiaries need to review their Advantage Plans as well as their Part D (prescription drug) yearly as costs and covered services may change. Annual notices of changes for these plans should have arrived in beneficiaries' mailboxes by late September.

Help is available from Davis County Senior Services Medicare counselors during the open enrollment period (Oct.

15 through Dec. 7). Clients need to call 801-525-5050 for a free daytime appointment at one of the following locations:

- Mondays-Fridays (except holidays) at Davis County Health Department Senior Services, 22 South State Street, Clearfield.
- Mondays & Wednesdays (except holidays) at Central Davis Senior Activity Center, 81 E. Center Street, Kaysville.
- Thursdays (except holidays) at Golden Years Senior Activity Center, 726 South 100 East, Bountiful.

Clients need to bring along to their appointment:

- Their Medicare cards.
- All of the information pertaining to their prescription medications including name, dosage, and times per day.
- Any award letter from Medicare, Medicaid, or Social Security if possible.

Events in October

Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

W/F - Tai Chi for Arthritis and Fall Prevention 10:30 a.m.

3, 17, 31 - Blood pressure clinic 10:30 a.m.

5, 19, 26 - Movie day with popcorn 12:30 p.m.

19 - Benson Grist Mill Pumpkin Walk in Stansbury Park 9 a.m. (sign-up required)

25 - Gardner Village Witchfest in West Jordan 2 p.m. (sign-up required)

Golden Years Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

M/W/F - EnhanceFitness 8 a.m.

4 - Sing-A-Long 10:30 a.m.

9 - Legal consultation (by appointment)

12 - Trip to Gardner Village (sign-up required)

23 - The Great Gatsby book club 12:30 p.m.

24 - Tour of Mrs. Cavanaugh's Chocolate Factory (sign-up required)

26 - Birthday lunch 11:30 a.m.

North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

T/TH - Tai Chi for Arthritis and Fall Prevention 10:15 a.m.

1 - Fall foliage trip

2, 16, 30 - Walmart shopping day 12:30 p.m.

8 - New book club 10:15 a.m.

9, 17, 23 - Blood pressure clinic 10:30 a.m.

11 - Medicare Fraud presentation 11:15 a.m.

10 & 24 - Food bank

23 - AARP Smart Driving class 10 a.m.-3 p.m. (sign-up required)

31 - Halloween Fun 11 a.m.

See more at daviscountyutah.gov/seniors

Happy 75th anniversary, senior activity centers

by Priscilla **ANGULO**
Davis County Senior Services

This year facilities known as senior activity centers (or senior centers) celebrate their 75th anniversary across the nation. We encourage you to celebrate with us the many ways our senior activity centers locally build momentum for people's health, economic security, and independence.

According to information from the National Institute of Senior Centers, "We now know the research and importance of **Connecting** older adults with others, and that making friends matters. That **Learning** new languages and skills and exercising helps care for your

body. That **Giving** back at the senior center and within the community fosters purpose and a more meaningful life. And that as long as each of us lives, we want to continue **Growing** to be the most we can be."

"Senior centers have built a holistic experience where all of this is possible," the institute's information continued.

Davis County has three senior activity centers – located in Clearfield, Kaysville, and Bountiful – where seniors can gather for lunch, participate in games, socialize with others, and keep up with their fitness through classes. Transportation to and from the centers can be arranged. There are several field trips scheduled



throughout the month to stores, restaurants, and local attractions.

Many caregivers find that

senior activity centers are great places where their care receivers can go for a few hours during a weekday and know he

or she is in a safe environment. Often times caregivers and their loved ones will attend EnhanceFitness for a stress-relieving workout that helps build strength, balance, and endurance in older adults.

Many retired seniors have skills they want to continue using and there's a program for that. The Retired and Senior Volunteer Program (RSVP) offers many volunteer opportunities at the centers or in the community.

We'd love for you to stop by and find something you enjoy. Our senior activity center calendars and lunch menus can be found online at www.daviscountyutah.gov/seniors.

Medical transportation available throughout Davis County

by Ann **WORKMAN**
DCHD Senior Services

How do you get to your non-emergency medical appointments if you are 60 years or older and no longer drive or want to drive? Davis County has a solution for you. You can be picked up and taken to your medical appointment by one of our awesome drivers! The driver will drop you off and then return when you are finished.

This service operates weekdays starting at 9 a.m. with the last appointment

of the day at 3 p.m. It is a curbside service, but assistants are welcome to ride along. We cover all of Davis County (from Clinton to North Salt Lake). Medical transportation includes visits to your doctor, dentist, physical therapy, pharmacy, or mental health appointments.

If you have questions about this service or would like to schedule a pick-up, please call 801-525-5058 on weekdays between 8 a.m. and 5 p.m. We ask that you give at least 3 business days' notice.

Medicare 101 classes offered

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

• Thursday, Sept. 27, 6:30-7:30 p.m. – Kaysville Library (215 Fairfield Road,

Kaysville)

• Wednesday, Oct. 17, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or jmsmith@daviscountyutah.gov.



Davis
COUNTY

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(801) 525-5050

All issues of Senior Living are available at www.daviscountyutah.gov/senior_living

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